



# NOT-SO-YUMMY FOR MUMMY

JANUARY JONES CREDITS HER GLOWING SKIN TO EATING PLACENTA AFTER BIRTH, BUT SOME BEAUTY EXPERTS ARE SKEPTICAL PAGE 17



CALGARY

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Monday, April 16, 2012



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## 100 YEARS LATER

PAGE 6

An air cadet places a flower on a grave marker at a memorial service at Fairview Lawn Cemetery in Halifax, Sunday, to mark the 100th anniversary of the sinking of RMS Titanic. ANDREW VAUGHAN/THE CANADIAN PRESS

# City primed to license night cabs

**Report.** Committee backs adding 50 vehicles to aid bar-going crowd



JEREMY NOLAIS  
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Fuelled by support from the Taxi and Limousine Advisory Committee (TLAC), it appears likely city council will greenlight a pilot project later this year that would see night-exclusive cabs added to Calgary streets.

A report coming forward this week to the city transportation committee states the TLAC

supports recommendations from consulting firm Hara Associates to add 55 wheelchair-accessible cabs and 50 vehicles. These cars would likely only operate between 6 p.m. and 4 a.m., said Calgary Livery Association chairman and committee member Len Bellingham.

The latter proposal, he added, is likely the first of its kind in North America.

"We feel like we are being proactive," Bellingham said Sunday. "We are addressing concerns from the general public and aldermen."

Transportation committee chair Diane Colley-Urquhart said late last year that frustration from weekend bar crowds

and the possibility of strengthened impaired-driving legislation served up an opportunity to revisit the city's cab licensing procedures. Only 100 additional cab licences have been approved in Calgary since 1986.

Colley-Urquhart could not be reached for comment Sunday, but fellow committee member Andre Chabot was not totally sold on the overnight cab proposal.

"At some point there will be a push to allow those cabs to run all day," he said.

Rajiv Kapil with the Calgary Cab Drivers' Association said he didn't see a problem with approving the vehicles for 24-hour service from the outset.

## Campaign trail

Redford wastes no time in condemning a Wildrose candidate's anti-gay comments PAGE 4

## Philly is flying high

Philadelphia Flyers have the momentum going into Game 4 of the first round. Can they beat the Penguins Wednesday night? PAGE 25



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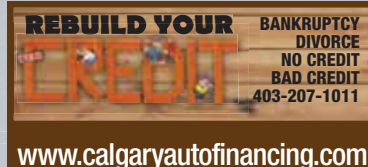
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## Coyote sightings double in city

Coyotes have become more comfortable in Calgary in recent years, prompting a warning from officials as a particularly active period of their yearly routine gets underway.

Last year, more than 120 of the furry, four-legged animals were reported by local citizens, 30 per cent more than were spotted the year prior and twice as many compared to 2009.

"Most sightings of coyotes occur when people move into natural areas where they live," explained Brendan Cox, spokesperson for the provincial public security ministry. "People must be cautious in any part of the city at any time of day."

City bylaw boss Bill Bruce said his team are actively tracking coyote packs and den locations, noting that many of the animals are likely raising young pups at this point in the year and this can lead them to become aggressive.

"Don't treat them as your friend," he warned. "We always tell people to avoid giving them a home. If you do see something, even if one just runs across your path, be sure to tell us."

Coyote encounters can be reported using the city's 311 service or by calling Alberta Fish and Wildlife's hotline at 403-297-7789.

While coyote sightings are on the rise, attacks remain extremely rare. Cox did say the animals are most likely to prey on small children and pets.

JEREMY NOLAIS/METRO

## Tips wanted. Missing Fort Macleod couple sought

RCMP are looking for the public's help finding a Fort Macleod couple who failed to return from an afternoon drive into B.C.

Police said Jacob and Anja Oosterwyjk were to return to Fort Macleod Saturday after a day trip to Fernie.

Jacob, 46, is bald and stands six feet tall, while Anja, 43, is five-foot-seven with short brown hair.

He wears glasses and was last seen in a baseball cap, jeans and a brown leather jacket.

She wore glasses and jeans or a jean skirt and a blue winter coat.

They were driving a 1997 dark green Honda CRV.

Anyone that may have seen them can call RCMP at 403-553-7200 or 911 with information.

METRO

## Cyclist struck. Driver in hit-and-run turns self in

The Calgary police traffic unit is continuing their investigation after a man turned himself in in connection with an alleged hit-and-run on a 13-year-old female cyclist.

According to police, the teen cyclist was struck by a white Toyota Tacoma at the intersection of Mt. McKenzie Drive and Mt. Aberdeen Close SE, around 2 p.m. Saturday.

The driver of the Tacoma failed to stop or return to the

scene, police said, and fled on Mt. McKenzie Drive.

The driver of the Toyota Tacoma did contact police and turned himself in at the District 8 office.

The girl suffered a broken ankle, broken collarbone and other cuts and bruises.

Anyone with information is asked to contact the Calgary Police traffic section at 403-567-4000.

METRO

# Battle lines drawn in Brooks ticket sellout

### Investigation.

Ticketmaster probing record Stampede sale for any abnormalities as debate over sale practices intensifies



JEREMY NOLAIS

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Thunder created by thousands of angry fans rolled throughout much of the weekend after a record sellout for Garth Brooks' Calgary Stampede concert; however, ticketing organizations are diverting any necessary blame towards each other.

The public sale of an unspecified number of tickets for Brooks' July 12 Saddledome show lasted just 58 seconds Saturday morning, but thousands of tickets were quick to appear on resale sites — some with a markup price more than 40 times the original.

"At the core, you have a supply-and-demand problem," said Jacqueline Peterson, a

### Flouting the rules

- Scalpers have been known to use bots to avoid ticket maximums and other parameters surrounding major on-line concert ticket sales.
- Stampede officials confirmed Saturday that the sellout was the fastest for any concert ever held as part of the annual 10-day exhibition.

spokesperson for sale facilitator Ticketmaster. "Then you have scalpers who come in and cheat the fans, cheat the system and cheat the artist."

Peterson said sites like StubHub serve as a "haven" for scalpers to do their business, but spokesperson Glen Lehrman said in an email it's Ticketmaster's relationship with clients that's to blame.

"I think they'd (fans) be disheartened to find the total was very minimal and the seat locations were less than ideal," Lehrman said of Saturday's sale.



A ticket controversy involving tickets to country music star Garth Brooks' Calgary show has stirred up a great deal of buzz months before even coming to town. MARK J. TERRILL/THE ASSOCIATED PRESS

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## NEWS

### On the web

## Super-fan suits up for playoffs

Canucks super-fan Towel Power Man Dave Preece can hardly walk down the street wearing his snazzy new suit jacket without someone stopping to take a picture of him. Watch Towel Power Man in action at metronews.ca

## May the odd be ever in your favour

The Hunger Games has been dominating the box office for weeks, so it's no surprise parodies of the blockbuster film are popping up all over YouTube. Check out The Hipster Games at metronews.ca

### Mobile news



The terror trial of a man who confessed to killing 77 people in Norway starts Monday amid worries he will use the proceedings to showcase his radical views. Scan the code for the story.

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## Your candidates. Calgary – Fish Creek

### Eric Leavitt: NDP



Leavitt grew up in Alberta and went to the University of Calgary, where he earned a B.Sc. (Honours) degree in Physics, and a Master of Teaching degree. He also has a Ph. D. in Atmospheric Sciences.

### Nazir Rahemtulla: Liberal



Rahemtulla is a resident of Alberta for the past 39 years and has witnessed sweeping changes in the economic cycles in the province, having closely experienced the impact it has had on health care, education, social life, and care for seniors.

### Heather Forsyth: Wildrose



Forsyth was appointed Alberta's Solicitor General as a PC party member. During her tenure, she introduced Canada's first Amber Alert program and launched Alberta's high-risk offender website. In 2004, Heather became Minister of Children's Services.

### Wendelin Fraser: PC



Fraser just completed two successful terms as dean of the Bissett School of Business at Mount Royal University.

## Your candidates. Calgary – Foothills

### Jenn Carkner: NDP



Carkner has a Master's degree in Political Science from the University of New Brunswick, which she received in 2005. Jenn works as an editor and Research Grants Officer at the University of Calgary.

### Kurt Hansen: Liberal



Born and raised in Denmark, Hansen has been a professional Engineer in Calgary since 1977.

### Dustin Nau: Wildrose Party



Dr. Dustin Nau is a psychotherapist, adjunct professor, author, non-profit organization adviser, husband and father.

### Len Webber: PC



Born and raised in northwest Calgary, Webber served as Minister of Aboriginal Relations, Minister of International and Intergovernmental Relations.



Alberta PC party leader Alison Redford makes a campaign stop at a Sikh temple in Calgary on Sunday. Albertans go to the polls on April 23.  
Jeff McIntosh/The Canadian Press

# Premier slams rivals over homophobic post

**'Lake of fire'.** Nine-month-old blog post stirs controversy on campaign trail.

The Wildrose party went into damage-control mode Sunday after one of its candidates' anti-gay rants raised the ire of many voters and prompted a response from rivals.

The controversy stems

from a blog written by Allan Hunsperger, a pastor who's running as a Wildrose candidate in Edmonton South, in which he warned against accepting gays and lesbians for who they are.

In his comments, written in June, 2011, Hunsperger criticized the Edmonton Public School Division's views of accepting students for who they are and used Lady Gaga's album, "Born this Way" as part of his analogy.

"You see, you can live

the way you were born, and if you die the way you were born then you will suffer the rest of eternity in the lake of fire, hell, a place of eternal suffering."

With only one week left before the election, Premier Alison Redford wasted no time joining in the condemnation of the comments that quickly spread to social media.

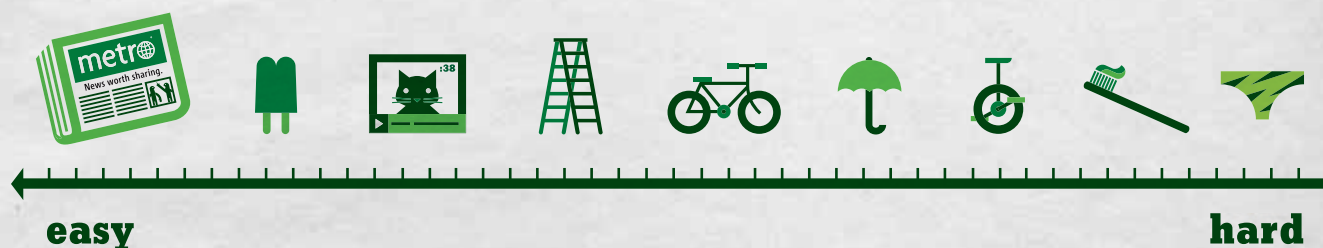
"The fact that there are people who think that's a legitimate perspective just

absolutely blows my mind," Redford told reporters in Calgary Sunday.

Wildrose leader Danielle Smith said she was aware of Hunsperger's religious views and made it clear that they won't have any effect on her party's policy if it forms government.

"I also said in the debate that we recognize that people have a great diversity of viewpoints ... it's not unique to our party," Smith said Sunday. **THE CANADIAN PRESS**

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# Belfast looks back on Titanic with sorrow and pride

**Centennial.** Cities on both sides of the Atlantic commemorate the 100-year anniversary of the sinking of ship

As the 1912 disaster was commemorated around the world, the city that built the vessel — Belfast, Northern Ireland — looked back on the tragic sinking of Titanic with a distinctive mixture of sorrow and pride.

In the North Atlantic, passengers lined the decks of the MS Balmoral, a cruise ship that has been retracing the route of the doomed voyage, as the ship stopped early Sunday at the spot where the Titanic went down in the early hours of April 15, 1912.

Another cruise ship, Journey, which travelled from New York, also held a service at the site, about 650 kilometres off the coast of Newfoundland.

A century on, events around the globe marked a tragedy that retains its grip on the world's imagination.

In Belfast, a memorial monument was unveiled Sunday at a ceremony attended by local dignitaries, relatives of the dead and explorer Robert Ballard, who discovered the wreck of the Titanic on the ocean floor in 1985.

Remembrance ceremonies were also being held in the ship's departure port of Southampton, southern England — home to hundreds of Titanic crew who perished — and in Halifax, where about 150 victims of the tragedy are buried.



Distant relatives of people who died on the Titanic disaster lay wreaths at the Titanic Memorial Plaque during the service at Belfast City Hall, Northern Ireland, Sunday. PETER MORRISON/THE ASSOCIATED PRESS

Belfast spent decades scarred by its link to the disaster, but has come to take pride in the feats of engineering and industry involved in building the ship. Last month, a gleaming new visitor attraction, Titanic Belfast, opened on the site of the shipyard where the doomed vessel was built.

"The focus of the world is on Belfast and we are doing her proud," said Una Reilly, chair of the Belfast Titanic Society. "We are all proud of this ship. What happened was a disaster; she was not."

THE ASSOCIATED PRESS

## Remembrance

People in Halifax gathered at a local cemetery Sunday to pay their respects to the victims of the Titanic sinking on the centennial of the disaster.

- One hundred and twenty-one people aboard the ill-fated ship were buried at Fairview Lawn Cemetery in Halifax.
- Twenty-nine others are buried at other cemeteries in the city.

## Drugs

### Reserve fighting against addiction

Item number nine in the letter to members of an Ontario reserve from the children in Grade 6 is as blunt as it is painful.

"It hurts us and shoomis and kokum (grandpa and grandma) when you're doing drugs and you're not at home," Cat Lake in northern Ontario is the epicentre of prescription drug addiction in Canada. Community leaders figure that between 70 and 80 per cent of the adults are hooked on narcotic OxyContin or Percocets. THE CANADIAN PRESS

## Prostitution. Secret Service scandal slammed

A Secret Service scandal involving prostitutes in Colombia that has overshadowed U.S. President Barack Obama's diplomatic mission in Latin America probably isn't an isolated incident, a leading House Republican said Sunday.

California Rep. Darrell Issa, chairman of a House investigative panel, said he wasn't certain whether Congress would hold hearings on the misconduct. But lawmakers will be looking "over the shoulder" of the Secret Service, he said, to make sure that the agency's method for

## Strained relations

**16**

Eleven Secret Service employees are on administrative leave for misconduct and five service members assigned to work with the agency are confined to quarters amid allegations that a group of personnel partied with prostitutes before Obama arrived in Colombia for the weekend summit with Latin American leaders.

training and screening agents isn't endangering the nation's VIPs. THE ASSOCIATED PRESS

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## Buying from a box. Retail kiosks gain momentum

A growing number of retailers are installing automated kiosks in the corners of their stores, hoping to drive product sales for DVD rentals or even iPads in a space once reserved for dust bunnies and trash bins.

It's a trend that's gaining momentum in Canada after several years of success in the United States, where everything from soap to live bait has been sold out of the automated dispensers.

Canadian businesses are taking a more conservative approach, choosing consumer favourites like DVD rentals to test the market, but creators of the kiosks are optimistic that this is just the start.

In Canada, all of the kiosk

operators are private companies, so their revenues aren't made public, which makes it tough to determine whether Canadians are adopting the concept en masse. According to a report from Convergence Consulting Group, kiosks are just two per cent of the market in Canada.

Canadian Tire briefly tested the market with a handful of kiosks that sold clothing and accessories from its Mark's stores. One was placed at the highly trafficked Union Station transit hub in downtown Toronto, generating plenty of attention. But the kiosk didn't catch on and the retailer decided to retire the pilot project.

THE CANADIAN PRESS

# Latin America splits with Canada, U.S. on Cuba

**Summit.** Allowing Cuba to participate may undercut democratic gains in the hemisphere, experts argue

Prime Minister Stephen Harper came to the Summit of the Americas with the goal of bolstering ties with the booming region, but left Sunday on a discordant note because of his government's stance on Cuba's participation.

Canada and the United States stood alone in balking at an agreement to allow Cuba to attend future summits. That disagreement, and a lack of consensus on backing Argentina's claim to the Falkland Islands, scuppered a final declaration from the 31 participating nations.

Even the summit host, Colombian President Juan Manuel Santos, declared it to be "unacceptable" that Cuba not attend the next meeting three years from now. Other

### Foreign policy

- The Conservative government is trying to revitalize its five-year-old Americas Strategy, a policy of focused engagement in the region.
- Harper will fly to Santiago at the close of the summit for an official visit to Chile.

major players, such as Argentina and Brazil, have echoed the sentiment.

Harper emphasized that Canada has reached out to Cuba, and does not agree with the American embargo of the country. But he said Canada is sticking with the summit principles that state that members must be democracies — an idea that originated under Liberal prime minister Jean Chretien during the Quebec City summit of 2001.

"While we don't support the position of isolating Cuba, we do believe that the Summit of the Americas should be restricted to democratic countries, and that Cuba should be encouraged to come as a democratic country in the future ... and it's our contention that the Canadian policy is the way to get that kind of result rather than the policy pursued by our American friends," Harper told reporters.

Harper added that he viewed the issue as one of principle.

"I think we've taken a principled position, and when we take principled positions we're prepared to argue that and discuss them but obviously we don't have our positions dictated either by one country or frankly by any group of countries," he said.

What happens next is unclear. Santos said there would



Prime Minister Stephen Harper arrives for the second day of meetings at the sixth Summit of the Americas in Cartagena, Colombia, on Sunday.

ADRIAN WYLD/THE CANADIAN PRESS

be a discussion on Cuba's participation at the summit three years from now, scheduled for Panama.

This year's summit was characterized by a new sense of unity and solidarity amongst Latin American countries, many of whom are seeing rapid economic growth and more geopolitical clout. Santos pointedly spoke at his closing news conference about the desire for all countries to be treated as equals — a nod to the weight the United States has thrown around the region in the past.

Mark Entwistle, a former Canadian ambassador to

Cuba, said the issue is not always what it seems.

"It's a bit of a hemispheric dance here ... it's really less about Cuba per se for the Latin Americans, and it's more about using Cuba as a messaging board especially by the robust regional powers like Brazil and Mexico," said Entwistle, who still travels regularly to Cuba.

"It's using the Cuba coding or the Cuba item as a means of sending a message, particularly to the United States, that their views have to be taken seriously and that they're major regional players."

THE CANADIAN PRESS

### Market Minute



**DOLLAR**  
100.16¢  
(-0.39¢)



**TSX**  
12,040.39 (-174.25)



**OIL**  
\$102.83 US (-81¢)



**GOLD**  
\$1,660.20 US (-\$20.40)

**Natural gas:** \$1.981 US (-0.2¢)  
**Dow Jones:** 12,849.59 (-136.99)

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- Post secondary education in a related field, or equivalent experience
- Skilled in print, online and mobile graphic design and animation, comprehensive and complete software knowledge
- Software proficiency including, QuarkXPress, InDesign, Adobe Acrobat/Distiller, Flash, Photoshop, Illustrator, Image Ready and Dreamweaver
- Proficient on both PC and MAC platforms
- Knowledge in optimizing images for web and mobile (optimal file sizes, file formats etc) while maintaining small file sizes
- Basic understanding of HTML and CSS, ability to prep files for print production
- Expert in file stuffing (.sitx, .sit, .sea, .zip) and FTP experience
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# BUCK UP OR TEAR DOWN – CHANGE IS GONNA COME



**HIGH PLAINS DRIFTER**  
James Galsen  
calgary@metronews.ca

Last Thursday, the Flames and Brent Sutter parted ways. A week from today, Albertans are going to the polls to choose a new premier. As both a political and Calgary Flames junkie, I feel like we are in a time of change. Decisions that are made in the near future are going to alter the course of both the hockey club and our province for years to come.

Both politics and hockey should be about winners and losers. The goal is to win. Not just elections and games, but to generate long-term success for your franchise. One of the greatest feelings a coach, a general manager, a player, a premier, an MLA or a voter can know is the knowledge that a decision they made was the right one.

And you know what they say about hindsight.

So where does this leave us? The ticket buyer and the tax payer?

On the verge of major change.

Politically, we're staring at an almost entirely re-vamped PC party, made up of some familiar faces, but the old tried

and true brand virtually non-existent. The party's free agents opting for a golden parachute as opposed to playing under coach and GM Redford. The Wildrose is full of untested rookies heavy on motivation, short on experience but led into battle by a dynamic general who appears to say nothing wrong.

It's not that different on the hockey front. Do we cross our fingers that a new leader and a slight shot of party enthusiasm is going to fix an ailing franchise? Or is it time to tear it all

down and plow straight ahead into the wild (rose?).

Maybe I'm just a cynic, but both options seem to leave me wanting a lot and worried about the future. Luckily for us, the political team can be turfed in four years if we don't like them (but then again when we change parties in Alberta, they tend to stick around for a while). When it comes to clearing house in the Saddledome, from the top on down, the only way we as fans can do it is at the box office. And what fun is that?

Whether it's in the legislature or in the Saddledome there at least won't be a shortage of things to talk about. All we can hope for is good news instead of bad.

## Weird news

### Hanging by a wiper

A Vietnamese traffic cop went on a wild ride in Hanoi, clinging to the windshield wipers of a moving bus for nearly a kilometre after the rogue driver tried to avoid a ticket, police said Friday.

Traffic police 2nd Lt. Nguyen Manh Phan ordered the bus driver to pull over the 39-seat passenger coach Monday, said a police officer in Ba Vi District outside Hanoi. The officer spoke on condition of anonymity, citing policy.

The driver allegedly refused to show his paperwork and drove off — but not before Phan leaped onto the front, he added. The officer said the bus reached a top speed of about 50 kilometres

per hour.

A video shot by one of Phan's fellow police officers shows the officer trying to get his footing and dangling precariously from the moving bus as oncoming traffic whizzes past. Phan can be heard yelling, "Call the police!"

The driver, Phung Hong Phuong, eventually pulled over after being chased by police and residents.

Even with the bus stopped, Phan stood calmly in front of it, still hanging on to the wipers.

Phuong was arrested for allegedly acting against public officials, an offence that carries a maximum three-year prison sentence, the officer said.

THE ASSOCIATED PRESS

# Harlistas wave the flag



FRANKLIN REYES/THE ASSOCIATED PRESS

## Straw at attention

### Cubans celebrate Harley Davidson

Bikers participate in a competition to place a single straw in a row of bottles during Cuba's first national gathering in honour of the Harley Davidson motorcycle Saturday.

Cuban "hog" owners and enthusiasts gathered over the weekend in the tourist resort city of Varadero.

THE ASSOCIATED PRESS

## Motorcycle mambo



### Keeping 'hogs' on the street

Yaismer Escalona works on a Harley Davidson in Havana Friday.

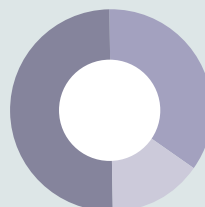
Cuba's "Harlistas" are just as passionate as their American counterparts, but like the owners of rumbling 1950s Detroit classic cars that still prowl the streets of Havana, vintage Harley fans have had to get creative to keep their bikes road-worthy. THE ASSOCIATED PRESS



Register at [metropolitanpanel.ca](http://metropolitanpanel.ca) and take the quick poll

## Have you been affected by rising gas prices?

50% NO, I DON'T DRIVE.



35% SOMEWHAT. I'VE HAD TO CUT BACK A BIT.

15% YES. HEAVILY.



## Twitter

@from\_thejohn •••••  
Chinook mall in #yyc is super busy today... And it's not even Christmas yet...

@calgarycanada •••••  
#abvote #yyc Makes me want to vote for NO ONE when I keep hearing about the pathetic things that keep being dug up by all parties involved!

@kara\_jc •••••  
things on my mind: slushies. grad trip. grad week. calgary stampede. chistico days. luke

bryan. things not on my mind: studying/exams

@viclough •••••  
I can't believe I went to the Calgary Shaw forum instead of watching the Flyers-Pens! Worst election decision for sure!

@faustsid67 •••••  
hoping the hotel in Calgary has an HDMI hookup. I need to get my game of thrones fix while on my work trip.



## 2

## SCENE

## Box office

## Fans still hungry for Games

The Hunger Games held off The Three Stooges to remain the No. 1 weekend movie. The Hunger Games stayed on top for a fourth-straight weekend with \$21.5 million. Peter and Bobby Farrelly's slapstick update The Three Stooges opened in second place with \$17.1 million. The acclaimed horror tale The Cabin in the Woods debuted in third place with \$14.9 million.

THE ASSOCIATED PRESS

## On the web



Ronnie Wood, members of The Faces donate band biography to newly opened Rock Hall archives

# When board meets screen

Battleship, Milton Bradley's boredom, smiting, peg-in-board naval gazer, is being re-imagined as a \$200 million intergalactic ship-sinking blockbuster, with Liam Neeson and Rihanna aboard. If Battleship floats at the box office, studios will be quick to green light a slew of board-meets-screen adaptation. We delved deep into the attic to dust off some rainy-day classics with the most cinematic potential.

MIKE DOJC

scene@metronews.ca



## Hungry Hippos

**Elevator pitch:** Anaconda Meets The Constant Gardener

**Plot:** While in Botswana, a World Health Organization scientist accidentally stumbles upon a topical cure for male pattern baldness while milking a hippopotamus on a dare. In an attempt to amplify the affect, the hefty herbivores are shot full of bovine growth hormones, which messes with their eyesight causing them to see human heads as mouth-watering spheres of white chocolate.

**Stars:** Megan Fox, Danny McBride and Seth Rogen



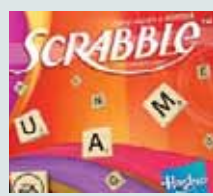
## Connect Four

**Elevator pitch:** Bob & Carol & Ted & Alice meets Wanderlust

**Plot:** Two couples meet while on vacation in Tuscany, have too much Pinot grigio one night and end up experimenting in spouse swapping. While their friendship persists, the inebriated dalliance leads to therapy for one duo and a temporary break-up for the other. Will moving into a beach house in Malibu help this criss-crossed foursome pick up the emotional pieces of their scattered hearts?

**Stars:** Mark Ruffalo, Zoëy Deschanel, Dax Sheppard and Kristen Bell

Zoëy Deschanel



## SVW: Scrabble versus Words with Friends

**Elevator Pitch:** Freddy vs Jason Meets The Social Network

**Plot:** A friendly game of Scrabble between a mother and her daughter goes awry after mama scores a bingo with a-b-u-s-i-v-e. Seven letter bonuses are only 35 points in the popular app but 50 points in the board game that inspired it. A generational pissing match ensues, pitting Coke against Coke Zero and convenient store coffee against Starbucks.

**Stars:** Marissa Tomei, Selena Gomez and Mike Holmes

Channing Tatum



## Jenga

**Elevator pitch:** Armageddon Meets Tetris

**Plot:** Set in Chicago in the summer of 2035, a trillionaire developer conceives a mega-condominium, quadruple the height of the CN Tower, assembled completely out of prefabricated modular units. Midway through construction the city is rocked by a 9.0 earthquake. A brave crew of super-crane operators from the army corp of engineers scramble to save the building from toppling by hoisting up the precariously balanced units and finding a new perch for them on the top.

**Stars:** Tim Allen, Channing Tatum and Mike Holmes



## Trivial Pursuit

**Elevator Pitch:** Saw meets Jeopardy

**Plot:** After a producer gets canned from the game-show network, he turns into a psychopath and begins pursuing former quiz show contestants. When he captures them he toys with them by forcing his victims to answer moderately difficult trivial questions like who won the World Series in 1994? If they know the answer he lets them off with just a wedge. But if they get it wrong, then it's game over.

**Stars:** Alex Trebek and Justin Bieber

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# Mark Deklin has a blast being 'one of the girls' on GCB

**Coming out of the closet.** Deklin plays a closeted gay man in series pilot; says character infused with his own personality

**MEREDITH ENGEL**

Metro World News in New York

Mark Deklin's character on GCB, Blake, has a secret: He's gay. But that's not a spoiler — we found out in the pilot, and we also learn that his wife knows. How will this play out in the remainder of Season 1 of the new southern-fried hit? We hit up the actor — whose résumé also includes stints as a Greenpeace volunteer and an English teacher — for answers.

**What can you tell us about the remainder of the first season?**

We're gonna start to see who these people really are.

For my character, as the season unfolds I get to do a lot more comedy. We spent the first half of the season really building my character's humanity, if you will, more than the humour, but by Episode 5 we sort of feel like we've earned the right to get a little wacky. That's one of the things I'm looking forward to because I had a lot of fun honing my comedy chops.

**Do you consider yourself a naturally funny guy?**

I do. I suppose that could be a matter of opinion. [Laughs] But I do think there's a certain science to comedy. So much of comedy is grounded in rhythm, timing. It's like music, and I have a musical ear. I know how to land it. I know what the comedy's asking you to do.

**What's it like playing someone whose sexuality differs from your own?**

One of the wonderful advantages of this particular role is [Blake's] not written as a stereotype. He's a clos-

eted gay man, which is not something we've really seen a lot on TV. I didn't really quite know how to approach it, but what I've realized is I don't have to put anything on. No one looks at Blake and thinks he's gay. I don't play him as any kind of stereotype; I just sort of infuse my own personality into this character and give him a Texas accent.

**There are a lot of pretty ladies on this show. How is it working with them on a daily basis?**

It's wonderful being surrounded by so many beautiful ladies. When I come to work every day I'm surrounded by beauty. But the other great thing is they're all also really smart and really funny. It's also an interesting dynamic because I'm playing a gay character. Somehow because I'm the gay character on the show, I'm conferred with this almost honorary gay status, and so I get to almost be one of the girls. And it's really fun. I actually love it. I don't

feel emasculated by it — I think it's wonderful.

**So have you started indulging in girly treatments, like pedicures?**

Oh, sure. Any actor who says they haven't is lying.

**You used to be a Greenpeace volunteer. Why did you ultimately decide to do acting?**

I was acting my whole life, but not professionally. I just never really took it seriously as a career option, so I was doing a whole bunch of other things out of college. Greenpeace was an organization I had always supported and a crazy opportunity came up. They were looking for rock climbers, and I'm a rock climber. I was visiting a friend in Boston, where they were interviewing, and I just felt, "well, I'm not employed right now," so I ended up working for Greenpeace. It wasn't really part of my master plan — it just sort of happened — but it was a very educational experience, and I felt good doing it.



GCB airs Sunday nights on CTV. HANDOUT

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Angelina Jolie and Brad Pitt ALL PHOTOS GETTY IMAGES

## Brad finally puts a ring on it

After six children and seven years together, Brad Pitt and Angelina Jolie are engaged to be married, a rep for Pitt confirmed in a statement.

"Yes, it's confirmed. It is a promise for the future and

their kids are very happy. There's no date set at this time," the rep says.

Pitt reportedly popped the question with a \$250,000 ring, according to Us Weekly.

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word

## Diddy's uninvited house guest



THE  
WORD  
Dorothy Robinson  
scene@metronews.ca

A 30-year-old man has been arrested for trespassing at Sean "Diddy" Combs' East Hampton mansion, where he reportedly ate the hip-hop mogul's food, drank his liquor, tried on some of his clothes and then slept in his bed, according to TMZ.com.

Quamine Taylor, who reportedly has a history of mental illness, entered the vacant house through an unlocked basement door and was there for 24 hours before tripping an alarm.

But when police and an alarm company representa-



tive showed up, Taylor was able to convince them he had permission to be there. It wasn't until a caretaker arrived and called the police back that Taylor was arrested. Combs' rep had no comment.

Poor Quamine. If only someone had tipped him off that Combs' mansion was NOT a Notorious B&B, he wouldn't be in this mess.

## ScarJo opens up on 'horrible' divorce

Though she describes her split from ex-husband Ryan Reynolds as "comically amicable," Scarlett Johansson admits she's still reeling from her divorce.

"Of course it's horrible. It was devastating. It really throws you," she tells Vogue. "You think that your life is going to be one way, and then, for various reasons or whatever, it doesn't work out."

Johansson also acknowledges her post-divorce relationship with Sean Penn for the first time, saying, "We spent time together, yeah. I never put a title on it, really, but we were seeing each other."



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# Just had a baby? Now munch on the placenta

**Skin-care.** More moms, including January Jones, are considering the benefits of their placenta, which many believe reduces the signs of aging and boosts energy levels

ROMINA MCGUINNESS  
MWN in London, U.K.

Some mothers from all around the world have consumed their placenta for generations with little fanfare. Some say it's part of the natural process of giving birth that brings mother and child closer, others say it helps balance out hormones and fights postpartum depression, while some use it to fight aging.

But it was January Jones

who made after-birth such a hot topic when she admitted that eating hers, post-baby, helped her get camera ready weeks after the delivery. And it's now not just consuming your own placenta for the benefits: beauty products are popping up with placenta as its main ingredient.

But some skin-care experts, such as Madonna's facialist, Michelle Peck, is skeptical.

"I'm not saying I'll never try placenta pills, I just need more convincing. I'd like to see more concise information to back the health claims," she says.

Mark Kristal, a behavioural neuroscientist at the University of Buffalo, agrees.

"Even though there are benefits to mammalian mothers that eat placenta at delivery, there is no scientific evidence that there are any benefits to humans."

He goes on to point out that all of the gushing reports about



January Jones: Could placenta pills help you look like this? GETTY IMAGES

the benefits of placenta use have been based on anecdotes.

"I wouldn't recommend women take placenta pills, but that doesn't mean that at some time in the future, beneficial components might not be

extracted or synthesized and administered medicinally," he adds.

Either way, the trend is picking up steam, and it's up to each mother to decide what's best for them.

## Parenting

### Kid on a leash?

CAROLYN DREBIN  
Mommyish.com

Since having kids, I've been freaked out by traffic. Parking lots, busy streets, even driveways have become safety hazards for me when I'm out with my children.

When each boy started nursery school, they developed an insatiable appetite for freedom. The preferred destination? Parking lots. I remember picking up my eldest, now nine, from school and within seconds of leaving the building, he'd be heading straight into the carpool lane. Needless to say, the vice-grip-hand-hold became de rigueur. It was a phase he eventually grew out of — but not before teaching his younger brother exactly how it was done.

And so, by the time my second son, now 7, started nursery, he too hit the streets whenever possible. But with him, I was prepared. My quick-draw-McGraw reflex to grab him surprised even myself. But what was I going to do? Use a leash? No way. I'd seen those parents. The relaxed ones. The ones walking through malls, airports, even parks, while their little ones meandered happily. On their leashes. I couldn't help but stare. And judge. These were children, not pets.

And then my 3 year old discovered the joys of the open roads. A few weeks ago he disappeared. My husband and I had taken separate cars to a party. My son insisted on going home with his daddy, so I left. Moments later my man called, asking me if I'd taken our youngest son home. Luckily, the mad dasher was found by a lovely woman. I'm now reconsidering my view on the leash.

## Yay or Nay

### YES

**PILLS:** If you're curious about taking it orally, you won't have to worry about weird side-effects. "It causes no allergic reactions or fatalities in mothers," says New York-based skin-care expert Carole Burns. "The only women who aren't good candidates are those with hepatitis A,B, or C and HIV/Aids."

**FACIALS:** "You can take the dried powder and place it into a gentle base such as pure olive oil and put it on your skin. It's good for skin conditions such as eczema," says Jodie Selander, founder of PlacentaBenefits.info. Meanwhile, those who have tried the placenta facials offered in spas claim that the treatment hydrates skin, reduces sun damage and leaves skin glowing. Jennifer Lopez, is rumoured to be a big fan.

**HAIR CAPSULES:** It's packed with protein, which repairs damage from heat, colour and perms.

### NO

**PILLS:** You have to have a baby to try them. Once removed after the birth, the placenta is then cleaned, cooked, dehydrated and made into capsules that mothers are required to take daily or anytime they're feeling run down. So you're basically eating your after-birth, which is a skeezy thought. Plus, the medical world isn't sure about the results yet.

**FACIALS:** Did we mention that the placenta in those spa facials comes from sheep?

**HAIR CAPSULES:** The after-birth is taken from sheep, pigs and ox, which could make for a creepy thought the next time you're slathering on the hair treatment in the middle of your bath.

## PLACENTA PILLS, FACIALS AND HAIR CAPSULES

ROMINA MCGUINNESS  
MWN in London, U.K.

# 3 LIFE

## Girl power

### Girl Guides set to gain various skills

Chocolate and vanilla sandwich cookies are on the menu as Girl Guides head out on their semi-annual selling spree. Girl Guide Cookies is the largest "girl-run" business in the country, Girl Guides of Canada said in a release. Each year more than 70,000 Girl Guides, from five-year-old Sparks to 18-year-old Rangers, gain financial literacy and business skills from selling cookies. Last year, members sold more than 112 million cookies, or 5,345,652 million boxes.

"Each box of cookies sold supports dynamic Girl Guide programs and activities that encourage girls to develop their leadership potential, use their talents and push their boundaries while fostering their self-esteem," the organization said. THE CANADIAN PRESS

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# Hearty, healthy and light



This recipe serves six. THE ASSOCIATED PRESS/H/O

## German Pork Stew.

You don't have to ruin your diet to enjoy a hearty meal

It's still cold out. You want something hearty. But you're also trying to eat better and don't want to ruin your diet with a cream-laden casserole.

A lean stew may be just the thing you need. Instead of being heavy, it's hearty with virtuous veggies, lean protein and

warm seasonings.

1. Cut tenderloin into slices 4 cm (1 1/2 inches) thick. In a bowl, toss sliced pork with olive oil.
2. Heat a large saucepan over medium-high. Add pork and brown, 2 to 3 minutes per side. It does not need to cook through. Add onion and leeks and continue to cook until vegetables soften and begin to brown, 5 to 6 minutes.
3. Add caraway seeds, fennel

seeds, celery seeds, mustard, black pepper, orange zest, orange juice and chicken broth. Bring to a boil, cover and reduce heat to maintain a simmer. Cook until pork is very tender, 15 to 20 minutes.

4. When pork is tender, use a slotted spoon to remove meat from liquid. Using 2 forks, shred pork to bite-size chunks, then return it to the pot. Add sweet potato, cabbage and celery. Continue to simmer until vegetables are tender, about 15 minutes.

## Ingredients

- 500 g (1 lb) pork tenderloin, trimmed of fat
- 5 ml (1 tsp) olive oil
- 1 medium yellow onion, diced
- 2 leeks, white parts only, sliced
- 10 ml (2 tsp) caraway seeds, crushed
- 5 ml (1 tsp) fennel seeds, crushed
- 1 ml (1/4 tsp) celery seeds
- 15 ml (1 tbsp) Dijon mustard
- 5 ml (1 tsp) ground black pepper
- Zest and juice of 1 orange
- 1 l (4 cups) low-sodium chicken broth
- 1 large sweet potato, peeled and diced
- 375 ml (1 1/2 cups) shredded cabbage
- 2 stalks celery, diced
- Salt, to taste
- 125 ml (1/2 cup) fat-free plain Greek-style yogurt
- 30 ml (2 tbsp) ketchup
- 30 ml (2 tbsp) sweet pickle relish
- Chopped fresh dill, to garnish

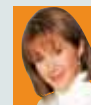
Season with salt.

5. In a small bowl, stir together yogurt, ketchup and relish. Serve stew topped with a dollop of the yogurt mixture and a sprinkling of fresh dill.

THE ASSOCIATED PRESS

## Healthy eating

## Choose it and lose it



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Many people turn to Tim Hortons for a quick lunch, but the wrong choice can pack a real sodium punch. Here's what to watch for.

## Ham and Swiss Sandwich

370 calories / 11 g fat / 1,180 mg sodium

This classic sandwich consists of salt-filled smoked ham and Swiss cheese, which is the reason you're getting 3/4 of a day's worth of sodium. The ranch dressing also added increases the calories and fat.



## Equivalent

Equivalent to almost two boxes of Triscuit crackers in sodium.



## BBQ Chicken Wrap

190 calories / 4.5 g fat / 630 mg sodium

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# Chipotle peppers add heat to Mexican pasta

Pay no attention to the many shelves of faux salsas (blueberry-pineapple? Really?) and shove aside all those cans of low-fat, low-sodium, no-flavour refried beans.

For this week's under-appreciated ingredient, you will need to dig a bit deeper into your grocer's Hispanic section. Your goal? Mexico's gift to high-flavour cooking — chipotle peppers in adobo sauce.

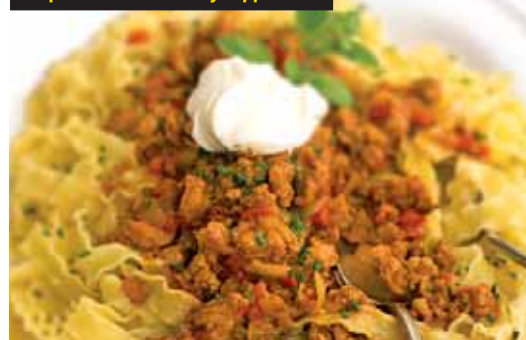
Typically sold in 199-gram (7-ounce) cans, these not entirely attractive (truth is, they look a bit prune-like) peppers pack gobs of smoky, chocolaty, slightly sweet piquancy.

This weeknight meal comes together and has a kick of heat and smokiness from the chipotle pepper and adobo sauce.

1. In large pot of boiling salted water, cook pasta for about 10 minutes or until tender but firm. Drain well and return to pot, drizzle with olive oil, then toss and set aside.

2. Meanwhile, in a food processor, combine barbecue sauce, chipotle, adobo sauce and lime juice. Process until smooth. Add

## Chipotle Barbecue Porky Pappardelle



This recipe serves four. MATTHEW MEAD/THE ASSOCIATED PRESS

## Ingredients

- 340 g (12 oz) pappardelle pasta
- 7 ml (1/2 tbsp) olive oil
- 250 ml (1 cup) prepared barbecue sauce
- 1 canned chipotle pepper in adobo sauce
- 5 ml (1 tsp) adobo sauce
- 5 ml (1 tsp) lime juice
- 500 g (1 lb) boneless pork loin chops
- 15 ml (1 tbsp) canola oil
- 1 yellow onion, diced
- 1 red bell pepper, diced
- Sour cream
- Chopped fresh chives

pork, then pulse until well chopped, but not ground. Set aside.

3. In a large skillet over medium-high, heat canola oil. Add onion and pepper and sauté for 6 minutes. Add pork mixture and simmer for about 6 minutes or until pork is no longer pink inside and sauce thickens.

4. Serve pork over pasta. Top each serving with a dollop of sour cream and a sprinkle of chives.

THE ASSOCIATED PRESS/ADAPTED BY EMILY RICHARDS (PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND TV CELEBRITY CHEF. VISIT, EMILYRICHARDSCOOK.CA)



# Smaller power grid, surer power

**Go smarter, go smaller.** The future is now with the advent of microgrids that will replace aging infrastructure

**BEN KNIGHT**  
life@metronews.ca

One of the biggest problems facing our current electrical grid is its sheer size. Continent-spanning transmission grids require huge amounts of aging infrastructure, and waste eight per cent of all electrical power just moving it from one place to another.

The brilliant and imminent solution? Go smarter — and smaller.

"The whole idea of smart microgrids basically came to the fore when the utilities started looking at the possibility of overhauling their systems with new technologies and approaches," says Dr. Hassan Farhangi, director of the Group for Advanced Information Technologies at the British Columbia Institute of Technology (BCIT).

## Numbers

**67%**

Amount of energy wasted as heat when carbon-based fuel is converted into electricity at a conventional power plant.

"One of the most important aspects of microgrids is service surety. You have a level of reliability that is unprecedented."

A smart microgrid is small and self-contained. It can include its own generation capacity — solar or wind, most likely. While it is connected to the larger grid, it will — in the near future — be able to function on its own.

"BCIT has a large campus in Burnaby with over 60 buildings," Farhangi says. "For the last five years, we have worked to convert this campus into a smart microgrid. The skeleton of a smart microgrid is already operating on campus."

The work is still in progress. BCIT consumes six megawatts annually, and is presently producing less than one. But all the technology needed to take this forward already exists.

ward already exists.

"Microgrids are really a convergence of information technology, communications technology and power systems. These existing technologies need to be re-engineered and repurposed for application within a microgrid."

The potential savings are impressive. Farhangi notes that, in a conventional fossil-fuel generating plant, only 33 per cent of the available energy is actually converted into electricity. In a vastly smaller microgrid, this lost heat can be captured.

"Like any electrical system, microgrids are not immune from the well-known faults that you can have," he explains. "But the beauty of this is that any fault that happens is contained locally, and does not contribute to a domino-style of catastrophe across the entire system. If something happens, it's local and you deal with it locally."

For now, this is mostly in the future. But it's a future that will be arriving soon.

"Microgrids are up and coming," Farhangi says. "And investment across the country will be growing."



For more information of smaller power grids, check out [smart-microgrid.ca](http://smart-microgrid.ca). ISTOCK PHOTOS

## Queen of Green

**Something borrowed, something green**



**QUEEN OF GREEN**  
Lindsay Coulter  
[green@metronews.ca](mailto:green@metronews.ca)

**What can I do with my old wedding dress?**  
**Jackie of Vancouver**

Have you ever heard of upcycling? It's a form of recycling.

You take something that you might have otherwise thrown out and find a way to make it new again!

First, take your old dress and have it wet-cleaned —

dry cleaning's greener cousin in that doesn't use harsh chemical solvents.

Then find a seamstress to update the style.

A good seamstress can shorten or dye your dress after the big day so it can be worn again.

If your dress is quite dated, perhaps there are only components that might be re-purposed, like the skirt or veil.

If your dress is from a more recent era, check out [SmartBrideBoutique.com](http://SmartBrideBoutique.com) (@Smartbride on Twitter).

They consign dresses online, making it easy to find a home for your old dress or shop for a new one.

Today's green brides can also choose from eco-friendly organic cotton, linen, vintage lace or silk.

## Quote

**"Today's green brides can also choose from eco-friendly organic cotton, linen, vintage lace, or silk. And locally produced is best."**

And locally produced is best.

Dresses labelled Made in the U.S. or Europe may actually originate somewhere else.

They just get shipped to the claimed location for "finishing."

Look for a label sewn in. And choose eco-friendlier silks — they're less processed and rougher in

texture.

Peace silks are often the most sustainable.

The moth leaves its cocoon and lives out the last five days of its 70-day life cycle.

The silk is collected and woven on hand looms, mostly throughout northern India.

Many small villagers still harvest wild silks — often a natural golden colour.

Standard factory silk is the most processed of all of them.

Worms are hatched inside large warehouses and fed mulberry leaves.

Once the cocoons are complete — before the moths escape — they're boiled.

This "natural fibre" never sees the light of day.



There are lots of options for dealing with your old wedding dress. ISTOCK PHOTOS



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Andrew Dorfman takes a break from his alter ego, PigMonkey, in Halifax. ANDREW VAUGHAN/THE CANADIAN PRESS

# Pitting geeks against the nerds

**Live comedy-debate.** Halifax improv show has contestants throw down for the honour of being the geekiest

It's long been the clichéd and tired symbol of bespectacled, pen-toting geeks.

So when comedian Andrew (PigMonkey) Dorfman set out to create Geeks versus Nerds, a live comedy-debate show in Halifax, he decided to reclaim the pocket protector for every self-professed nerd out there.

"We're taking it back!" says Dorfman, sporting a

black T-shirt bearing the show's logo: the outline of a white pocket protector, replete with pen and pencil.

"I like challenging people's presumptions."

Raised on comic books and science fiction, Dorfman, 39, is among an aging generation of self-described geeks and nerds who are proudly embracing their quirks and obsessions.

Dorfman came up with Geeks versus Nerds in 2008 after musing about who would win in a fight: Boba Fett from Star Wars or Batman, the Caped Crusader.

The show, held monthly at Dalhousie University and recorded for podcasts, pits panellists against each other

as they debate the merits of superheroes, villains and everyone in between.

More than 100 fans typically show up to cheer on their pick, whether it's the best modular hero (Marvel's Iron Man versus Transformers' Optimus Prime), or the whiniest teen prodigy in space (Anakin Skywalker of Star Wars versus Wesley Crusher of Star Trek.)

The goal was to reach out to like-minded people and bust stereotypes.

"If you listen to the show, you will learn that geeks are eloquent, they're smart, they're funny," says Dorfman, the show's host and producer.

"They're just really good people who cross all stratum

of society and you wouldn't know."

With the popularity of sitcoms featuring nerdy characters, series that delve into the realm of fantasy and science fiction, and conventions like Comic-Con, some say geeky has finally gone mainstream.

As a high school student in the late 1990s, Florence Hansen lamented the lack of nerdy knick-knacks available in New Brunswick and longed for anything related to science, comic books or video games.

She just didn't talk about it.

"Back in the day it wasn't popular, so I kinda kept it on the down low," Hansen, 30, says with a laugh. "But I was

always a geek at heart."

Four years ago, Hansen and her science fiction-loving husband, Luke, opened the Geek Chic Boutique in downtown Fredericton in the hopes of drawing out closeted nerds.

The shop — which proudly dubs itself the geekiest store in Canada — sells everything from Battlestar Galactica board games to belt buckles that look like original Nintendo controllers.

"Geeks are becoming popular," says Hansen. "There's been a huge response, from four-year-old kids to people in their '90s. We seem to have a huge geek population that supports us."

THE CANADIAN PRESS

## Geeking out

Dorfman attributes much of the progress to the fact that geeks have grown up and are now the power spenders of society.

- **It's a geeks world.** An entire generation who got hooked on Star Wars as children and devoted hours to playing Dungeons & Dragons are now adults who are no longer inhibited by insecurity and school bullies. Furthermore, Dorfman says grown-up geeks want to spend money on geeky things.

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# 'Don't close your mind to opportunity'



Live every day like it's your last, just like *The Buried Life*. CONTRIBUTED

## Dream chasers.

Looking for a way to make your dreams come true? Want to give your kids some motivation? Read on

DELIA  
MACPHERSON  
For Metro

For a young man of only 25, who, so far, has led a pretty exciting life — he's even played basketball with a U.S. president — Jonnie Penn sure talks a lot about death.

"I personally don't believe in 'seizing the day' or living every day like it's your last," says one of the members of *The Buried Life*.

"You burn yourself out living like that. It's more about 'don't close your mind to opportunity.'"

*The Buried Life*, the reality documentary series that began six years ago in Victoria,

followed Penn and his three friends as they attempted an ambitious mission: to complete a list of 100 things to do before they die.

And if this wasn't enough of a challenge, for every goal they checked off their list they helped a stranger fulfill one of their dreams, too.

The brave and-wise-beyond-their-years gang did what so many of us only dream of doing: they said "screw it" to their boring everyday life and went out to do something meaningful.

And as well as a TV show, the group recently launched an inspirational picture book called *What Do You Want to do Before You Die?* This No. 1 New York Times best seller includes more than 100 illustrated answers to the title question, submitted by people all over the world.

"When we (*The Buried Life*) wrote out the list, we felt we could do anything. We really believed it. We wanted to give people that feeling," says Penn.

## A look back

All this is the present. Back then Penn was broke and living out of his friend's closet. All four of the guys were going through a rough time in their lives: 50-pound weight gain, depression, no money, and death of a friend.

Their 100 list included such things as getting on the cover of *Rolling Stone*, kiss the Stanley Cup, deliver a baby, and play ball with the president. For Penn, the last on that list takes the cake.

"It was the closest I've come to living like *Forest Gump*," Penn says.

"With Obama, that took two years of work. The game was never supposed to happen. The White House rejected us. The president himself saw the project on TV and made it happen. He was like the coolest dad you've ever met."

*The Buried Life* overcame a number of obstacles, such as their lack of money, and used their creativity in order to live out their dreams. They threw big parties and taught ESL

## Tips

Jonnie Penn's tips to motivate you to go after your dreams.

- Think about it as a project. If you have a dream, often it will stay a dream. If you think about it as a project you start figuring out how to accomplish it.
- Be persistent. "No" doesn't mean no, it just means "not now."
- Just do it. Don't over think it because you're going to die one day. What the hell, right?

courses to help raise funds.

Penn says, if you don't know where to start, "start with your friends."

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Debbie Reynolds, at 80 years old, is still performing. 11/0

# A Hollywood legend on surviving through constant change

## Debbie Reynolds.

At 80, she's learned something about getting the most out of life at any age



THE IN-CREDIBILITY FACTOR  
Teresa Kruze  
life@metronews.ca

Debbie Reynolds' career as an actress and singer has spanned six successful decades. Now as she turns 80 she is still entertaining and will be coming to Toronto on May 3rd to be the guest speaker at the March of Dimes Ability and Beyond Gala. As she looks back on her life and career, she says resiliency and being able to adapt are keys to long-term success.

"I think I am most proud of my ability to survive and live through each changing decade."

"America's Sweetheart" burst onto the Hollywood scene in the 1950's after leading roles in the musicals *Singing in the Rain* and *Tammy and the Bachelor*. As her star rapidly climbed in Hollywood, her marriage to singer Eddie Fisher famously dissolved after he fell in love with Elizabeth Taylor. Two more marriages over the years would end, leaving her in financial ruin.

"I constantly had to adapt, have patience and love to get through each challenging era and to maintain my sanity!"



Reynolds' marriage to singer Eddie Fisher was famously ended by his affair with Elizabeth Taylor, left. ASSOCIATED PRESS/FILE

### Long career

- **Three stars** on the Hollywood Walk of Fame
- **1974** Actors Fund Award for outstanding performance in *Irene*
- **1965** Best actress Oscar nomination for *The Unsinkable Molly Brown*
- **2004** American Casino Legends Hall of Fame induction

She also took care of her family members as they aged and grew ill.

"My grandmother and grandfather lived with us and when I was 14, my mother started getting ill, having seizures and heart trouble, so I began to take care of her. I looked after my mother-in-law until she was 97 and my drama coach until 96. If people can stay in their own familiar, loving

surroundings, they do much better than if they're feeling abandoned. And that is what March of Dimes does for the people it serves; it helps care for people, and keeps them in their homes. On May 3rd we'll share our experiences and our happiness, our trials, our tribulations and be together for that moment in life, and I think we'll all come out better and we'll have a wonderful time."

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This book encourages people embarking on a new career to embrace uncertainty. COURTESY ISTOCK IMAGES

# Act, don't plan, when it comes to your future

**Books.** An inspiring and educational read for anyone attempting a career in a field they're passionate about

Charles F. Kiefer co-founded Innovation Solutions in 1976, a management consulting company that became a forerunner of organizational learning philosophies in business.

Now Kiefer – along with co-writers Leonard A. Schlesinger and Paul Brown – has developed a new strategy. But this



one isn't for the C-suite. Their new book, *Just Start: Take Action, Embrace Uncertainty, Create the Future*, is a message for

anyone attempting a career in a field they're passionate about.

The inspiration came in 2010, when Kiefer read Sara D. Sarasvathy's *Effectuation: Elements of Entrepreneurial Expertise*.

"I was 50 pages in, and it was really the most dense, unreadable book I think I've read in my professional career – and this is coming from someone with a degree in theoretical physics from MIT!" explains Kiefer. "But at some point the bell went off in my head and I said, 'This is really the best, most insightful explanation of who an entrepreneur is, that I've ever read.'"

BRUCE WALSH LIFE@METRONEWS.CA

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A background in wine helps you speak the language. PHOTOS COURTESY ISTOCK

# Taking your love of wine to a whole new level

**Raising a glass.** The wine industry requires a special knowledge base, apart from a business education

**BRUCE WALSH**  
Metro World News

Twelve years ago, Liz Thach left her career in corporate human resources, moved to Sonoma Mountain, Calif., and started a new career

in the wine industry. Currently, she is the professor of management and wind pitfalls of life among the vineyards.

She gave us the low-down on all things wine.

## What's the best way to get started in the industry?

There are many jobs in the industry that are not at a winery: wine shops, restaurants, distribution, suppliers...

It tends to be a small family-oriented business, so developing relationships goes a long way. Developing a background in wine helps you speak the language.

Continuing education is a wonderful start (see Programs in winemaking, left). If you want to be a winemaker, you're going to have to get a degree in it or work your way up as an apprentice. Working in a tasting room is one of the best places to start.

## Why does the wine industry require a special knowledge base, apart from a standard business education?

There are more than 60,000 different wine labels out there.

There's no other industry that can be so confusing, from a marketing and sales

## Know your grapes

### Programs in winemaking

- **Degrees.** Cornell, Fresno and University of California, have revered programs in winemaking at the bachelor and master's levels.
- **The Society of Wine Educators.** [www.societyofwineeducators.org](http://www.societyofwineeducators.org) is a non-profit that specializes in certifying wine specialists at various levels.

standpoint. Music is the only industry with more labels than wine. Plus, it's a regulated industry.

## How is the culture of the industry different from the typical business environment?

So many people want to work in the industry because of the romance associated with wine and the beauty.

It doesn't pay as much as high-tech or biotech. But most vineyards are in the most beautiful places in the world. Lovely buildings, nice architecture. It's a nice lifestyle. So there's a trade-off there.



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## NHL

## Florida finally gets taste of playoff success

Stephen Weiss scored the first two playoff goals of his 10-year NHL career, Jose Theodore stopped 23 shots and the Florida Panthers got their first playoff victory in nearly 15 years, beating the New Jersey Devils 4-2 on Sunday night to even the first-round series at a game apiece.

Marcel Goc had a goal and an assist for the Panthers, who survived a frantic Devils rally in the third. **THE ASSOCIATED PRESS**



The Panthers celebrate Sunday's win. JOEL AUERBACH/GETTY IMAGES

## NBA

## Heat handle Knicks in Big Apple

The Miami Heat finally came to Madison Square Garden, a sea of orange surrounding them in what looked like a playoff game.

LeBron James had 29 points and 10 rebounds, Dwyane Wade added 28 points and nine boards, and the Heat overcame Carmelo Anthony's 42 points to beat the New York Knicks 93-85 on Sunday to clinch the Southeast Division title.

The Heat's lone game in New York came with the compressed regular season coming to a close — and with the chance they'll be back to face the Knicks for the playoffs soon.

**THE ASSOCIATED PRESS**



Pittsburgh's Sidney Crosby squares off with Kimmo Timonen in Philadelphia on Sunday. BRUCE BENNETT/GETTY IMAGES

# Flyers grab Pens by scruff of the neck

**NHL.** Briere, Read, Talbot each score twice as Philly puts Pittsburgh on brink of elimination

Fists were flying faster than shots on goal. Sidney Crosby and Claude Giroux even became knotted in the pushing and shoving, a pair of stars willing to mix it up to prove which team was the baddest on the ice and the scoreboard.

The Penguins and Flyers talked trash, laid the smack down, and played one wildly entertaining game but the result was the same. The Flyers rallied from another early deficit for a Game 3 win that put them on the brink of a sweep.

Game 3	
8	4
Flyers	Penguins

Danny Briere, Matt Read and Max Talbot each scored twice to lead Philadelphia to an 8-4 win over Pittsburgh on Sunday.

Giroux and Wayne Simmonds also scored to help the Flyers take a 3-0 lead in the combustible best-of-seven series. Game 4 is Wednesday in Philadelphia. The Flyers scored 20 goals in the first three games.

"Our goal is to finish it right away," Briere said.

## Quoted

"You can make a story all you want about us getting frustrated. They're doing the same things we are. It's intense."

Penguins captain Sidney Crosby, insisting his team isn't getting rattled in the physical series.

The goals might be hard to find on a highlight reel. Three players were tossed in the first period. There was a rare fight between superstars when Crosby squared off against Giroux.

No one got the better end of that scrap. But by the end, Flyers fans serenaded the Penguins with chants of "you can't beat us!"

"All three games were kind of weird games," Giroux said. "I guess I like weird games because we always finish by win-

ning."

Jordan Staal and James Neal scored twice for the Penguins. Marc-Andre Fleury was benched after allowing six goals in two periods. He has allowed a whopping 17 goals through Game 3. Coach Dan Bylsma said Fleury would start, "the next four games."

Hard to imagine at this rate, especially with NHL scoring leader Evgeni Malkin yet to score a goal for the Penguins.

**THE ASSOCIATED PRESS**

# Weber's goal silences Red Wings faithful



Drew Miller runs into Nashville goalie Pekka Rinne on Sunday in Detroit. CARLOS OSORIO/THE ASSOCIATED PRESS

Shea Weber knew he wouldn't be popular in the Motor City.

The star defenceman didn't really care, he just wanted to win.

Weber turned boos into silence with a goal early in the first period and the Nashville Predators held on to beat the Detroit Red Wings 3-2 Sunday to take a 2-1 lead in the first-round series.

"I guess we're more focused on the game," he said.

Weber was jeered every time he touched the puck for smashing Henrik Zetterberg's face into glass at the end of Game 1.

Game 3	
3	2
Predators	Red Wings

"We talk about great players when there's a little bit of controversy stepping up," Nashville coach Barry Trotz said. "When he came to the rink, he knew he wasn't going to be the most likable player in the arena."

Weber's goal snapped Nashville's 0-for-12 streak on

the power play against the Red Wings in the series and helped the franchise end its 0-for-6 skid in playoff games against Detroit on the road.

The Predators, who are in their 13th NHL season, advanced in the playoffs last year for the first time and are trying to get past the Red Wings after being eliminated by them in 2008 and 2004.

Just when it looked like the Red Wings were finished off for sure in Game 3, Zetterberg scored with 54 seconds left to pull the Red Wings within one, but they couldn't force overtime.

**THE ASSOCIATED PRESS**

# 4

## SPORTS

## Rangers-Senators

### Shanahan hands out bans after wild Game 2

Rangers forward Carl Hagelin was suspended for three games by the NHL on Sunday for elbowing Ottawa Senators captain Daniel Alfredsson in the head during New York's loss in Game 2 of the first-round Eastern Conference series. Hagelin apologized earlier Sunday, after a telephone hearing with NHL disciplinary officer Brendan Shanahan, and hoped to avoid punishment beyond the major penalty he served Saturday night. But instead, he will miss the next three games of the best-of-seven series. The Senators didn't escape unscathed, either, as defenceman Matt Carkner was given a one-game suspension Sunday for his role in a one-sided fight he started against Rangers forward Brian Boyle just 2:15 into Game 2. Carkner was given a major penalty for fighting, and was ejected.

**THE ASSOCIATED PRESS**

## On the web



The Roger Clemens perjury trial is set to return to court Monday, nine months after prosecutors made a gaffe that led to a mistrial. U.S. Judge Reggie Walton said it was a mistake even a "first-year law student" wouldn't make. Scan the code for the story.

NATIONAL HOCKEY LEAGUE

STANLEY CUP PLAYOFFS

FIRST ROUND

CONFERENCE QUARTER-FINALS  
(Best-of-7) — All Times Eastern

EASTERN CONFERENCE

N.Y. RANGERS (1) VS. OTTAWA (8)

(Series tied 1-1)

Saturday's result

Ottawa 3, NY Rangers 2 (OT)

Tonight's game

N.Y. Rangers at Ottawa, 7:30 p.m.

Wednesday's game

N.Y. Rangers at Ottawa, 7:30 p.m.

Thursday's game

Boston at Washington, 7:30 p.m.

Florida (3) VS. NEW JERSEY (6)

(Series tied 1-1)

Friday's result

Florida 4 New Jersey 2

Thursday's game

Florida at New Jersey, 7 p.m.

Wednesday's game

PITTSBURGH (4) VS. PHILADELPHIA (5)

(Philadelphia leads series 3-0)

Yesterday's result

Philadelphia 8, Pittsburgh 4

Friday's result

Philadelphia 8 Pittsburgh 5

Wednesday's game

Pittsburgh at Philadelphia, 7:30 p.m.

WESTERN CONFERENCE

VANCOUVER (1) VS. LOS ANGELES (8)

(Los Angeles leads series 2-0)

Last night's result

Vancouver at Los Angeles

Friday's result

Los Angeles 4, Vancouver 2

Wednesday's game

Vancouver at Los Angeles, 10 p.m.

ST. LOUIS (2) VS. SAN JOSE (7)

(Series tied 1-1)

Saturday's result

St. Louis 3, San Jose 0

Tonight's game

St. Louis at San Jose, 10 p.m.

Thursday's game

St. Louis at San Jose, 10:30 p.m.

PHOENIX (3) VS. CHICAGO (6)

(Series tied 1-1)

Saturday's result

Chicago 4, Phoenix 3 (OT)

Thursday's result

Phoenix 3, Chicago 2 (OT)

Tomorrow's game

Phoenix at Chicago, 9 p.m.

Thursday's game

Phoenix at Chicago, 8 p.m.

NASHVILLE (4) VS. DETROIT (5)

(Nashville leads series 2-1)

Yesterday's result

Nashville 3, Detroit 2

Friday's result

Detroit 3, Nashville 2

Tomorrow's game

Nashville at Detroit, 7:30 p.m.

SATURDAY

SENATORS 3, RANGERS 2 (OT)

First Period

1. N.Y. Rangers, Stralman 1 (Girardi, Anisimov) 10:11 (pp)

**Penalties** — Carnker Ott (instigator, fighting, game misconduct), Dubinsky NYR (roughing, game misconduct) 2:15, Neil Ott, Boyle NYR (fighting) 8:17, Gonchar Ott (tripping) 8:32, Prust NYR (hooking) 11:58, Phillips Ott (elbowing) 19:07.

Second Period

2. Ottawa, Karlsson 1 (Kuba) 13:50 (pp)

**Penalties** — Kuba Ott (high-sticking) 3:58, Hagelin NYR (elbowing major) 10:32, Richards NYR (roughing) 15:50.

Third Period

3. N.Y. Rangers, Boyle 2 (Fedotenko, Del Zotto) 2:41

4. Ottawa, Foligno 1 (Konopka, Turris) 15:23

**Penalties** — None.

First Overtime

5. Ottawa, Neil 1 (Cowen, Smith) 1:17

**Penalties** — None.

Shots on goal by

Ottawa 10 10 10 2—32

N.Y. Rangers 10 12 7 0—29

**Goal** — Ottawa: Anderson (W,1-1-0); N.Y. Rangers: Lundqvist (L,1-1-0). **Power plays (goals-chances)** — Ottawa: 1-4; N.Y. Rangers: 1-4.

**Referees** — Stephen Walkom, Ian Walsh.

**Linesmen** — Derek Amell, Brian Murphy.

**Att.** — 18,200 (18,200) at New York.

FRIDAY

KINGS 4, CANUCKS 2

First Period

1. Los Angeles, Brown 2 (Kopitar) 19:51 (sh)

**Penalties** — Biekusa Vcr (interference) 8:34, Martinez LA (holding) 13:01, Mitchell LA (holding) 17:54.

Second Period

2. Vancouver, Hansen 1 (H.Sedin) 0:17

3. Los Angeles, Brown 3, 5:17 (sh)

**Penalties** — Mitchell LA (holding) 4:59, Williams LA (tripping) 11:10.

Third Period

4. Los Angeles, Stoll 1 (Williams, Brown) 8:30 (pp)

5. Los Angeles, Lewis 1 (Penner) 14:51

6. Vancouver, Pahlsson 1 (Ballard, Raymond) 16:22

**Penalties** — Ballard Vcr (cross-checking) 7:03, Kesler Vcr (roughing) 10:05, Brown LA (unsportsmanlike conduct), Doughty LA (roughing), Hansen Vcr (double roughing, misconduct), Burrows Vcr (unsportsmanlike conduct) 12:42, Lapierre Vcr (misconduct) 15:14, Scuderi LA (cross-checking) 18:16.

Shots on goal by

Los Angeles 11 6 10 —27

Vancouver 10 15 23 —48

**Goal** — Los Angeles: Quick (W,2-0-0); Vancouver: Luongo (L,0-2-0).

**Power plays (goals-chances)** — Los Angeles: 1-4; Vancouver: 0-5.

**Referees** — Chris Lee, Wes McCauley. **Linesmen** — Derek Amell, Scott Cherrey.

**Att.** — 18,890 (18,890) at Vancouver.

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Baltimore	5	4	.556	—
New York	5	4	.556	—
Toronto	5	4	.556	—
Boston	4	5	.444	1
Tampa Bay	4	5	.444	1

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	6	3	.667	—
Chicago	5	3	.625	½
Cleveland	4	4	.500	1½
Kansas City	3	6	.333	3
Minnesota	2	7	.222	4

WEST DIVISION

	W	L	Pct	GB
Texas	8	2	.800	—
Seattle	6	5	.545	2½
Oakland	4	6	.400	4
Los Angeles	3	6	.333	4½

Yesterday's results

Toronto 9, Baltimore 2

Boston 6, Tampa Bay 4

Cleveland 13, Kansas City 7

Detroit 5, Chicago White Sox 2

Texas 4, Minnesota 3

Seattle 5, Oakland 3

N.Y. Yankees 11, L.A. Angels 5

Saturday's results

L.A. Angels 7, N.Y. Yankees 1

Texas 6, Minnesota 2

Boston 13, Tampa Bay 5

Baltimore 6, Toronto 4

Chicago White Sox 5, Detroit 1

Cleveland 11, Kansas City 9, 10 innings

Seattle 4, Oakland 0

Today's games

Tampa Bay (Shields 1-0) at Boston (Bard 0-1), 11:05 a.m.

Minnesota (Pavano 0-1) at N.Y. Yankees (F.Garcia 0-0), 7:05 p.m.

Baltimore (Arrieta 1-0) at Chicago White Sox (Humber 0-0), 8:10 p.m.

Detroit (Verlander 0-1) at Kansas City (Duffy 1-0), 8:10 p.m.

Oakland (McCarthy 0-1) at L.A. Angels (Weaver 1-0), 10:05 p.m.

HOCKEY

IIHF WOMEN'S WORLD CHAMPIONSHIP

At Burlington, Vt.

PLAYOFFS

Saturday's results

Bronze Medal

Switzerland 6 Finland 2

Gold Medal

Canada 5 U.S. 4 (OT)

IIHF MEN'S UNDER-18 WORLD CHAMPIONSHIP

PRELIMINARY ROUND

Yesterday's results

At Brno, Czech Republic

U.S. 4 Denmark 0

At Znojmo, Czech Republic

Sweden 3 Latvia 1

Today's games

At Brno, Czech Republic

Canada vs. Czech Republic, 10 a.m.

Finland vs. Denmark, 2 p.m.

At Znojmo, Czech Republic

Sweden vs. Russia, 10 a.m.

Russia vs. Switzerland, 2 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Washington	7	3	.700	—
New York	6	3	.667	½
Atlanta	5	4	.556	1½
Philadelphia	4	5	.444	2½
Miami	4	6	.400	3

CENTRAL DIVISION

	W	L	Pct	GB
St. Louis	7	3	.700	—
Houston	4	5	.444	2½
Cincinnati	4	6	.400	3
Milwaukee	4	6	.400	3
Pittsburgh	3	6	.333	3½
Chicago	3	7	.300	4

WEST DIVISION

	W	L	Pct	GB
Los Angeles	9	1	.900	—
Arizona	6	3	.667	2½
Colorado	4	5	.444	4½
San Francisco	4	5	.444	4½
San Diego	2	8	.200	7

Yesterday's results

Miami 5, Houston 4, 11 innings

Cincinnati 8, Washington 5, 11 innings

Atlanta 7, Milwaukee 4

Philadelphia 8, N.Y. Mets 2

St. Louis 10, Chicago Cubs 3

Arizona 5, Colorado 2

Pittsburgh 4, San Francisco 1

L.A. Dodgers 5, San Diego 4

Saturday's results

St. Louis 5, Chicago Cubs 1

Washington 4, Cincinnati 1

N.Y. Mets 5, Philadelphia 0

Houston 5, Miami 4

Atlanta 2, Milwaukee 1

Colorado 8, Arizona 7

San Francisco 4, Pittsburgh 3

L.A. Dodgers 6, San Diego 1

Tonight's games

Houston (Weiland 0-1) at Washington (Strasburg 1-0), 7:05 p.m.

N.Y. Mets (Gee 0-1) at Atlanta (Hanson 1-1), 7:10 p.m.

San Diego (Luebke 0-1) at Colorado (Guthrie 1-0), 8:40 p.m.

Pittsburgh (Bedard 0-2) at Arizona (J.Saunders 0-0), 9:40 p.m.

Philadelphia (Halladay 2-0) at San Francisco (Linccum 0-1), 10:15 p.m.

LACROSSE

NLL

EAST DIVISION

	GP	W	L	Pct.	GF	GA	GB
x-Toronto	14	7	7	.500	170	172	—
x-Philadelphia	14	7	7	.500	159	183	—
Rochester	14	6	8	.429	173	176	1
Buffalo	14	5	9	.357	167	179	2

WEST DIVISION

	GP	W	L	Pct.	GF	GA	GB
x-Colorado	14	11	3	.786	193	171	—
x-Calgary	15	11	4	.733	207	164	½
x-Minnesota	14	7	7	.500	171	167	4
Edmonton	13	5	8	.385	136	143	5½
Washington	14	4	10	.286	150	171	7

x — Clinched playoff berth.

Week 15

Saturday Results

Edmonton 11 Buffalo 8

Rochester 14 Calgary 12

Colorado 19 Toronto 12

Minnesota 14 Washington 9

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
y-Chicago	46	14	.767	—
y-Miami	42	17	.712	3½
x-Indiana	38	22	.633	8
x-Boston	36	25	.590	10½
x-Atlanta	35	25	.583	11
x-Orlando	35	25	.583	11
Philadelphia	31	28	.525	14½
New York	31	29	.517	15
Milwaukee	29	31	.483	17
Detroit	22	38	.367	24
New Jersey	22	39	.361	24½
Toronto	22	39	.361	24½
Cleveland	20	39	.339	25½
Washington	14	46	.233	32
Charlotte	7	52	.119	38½

WESTERN CONFERENCE

	W	L	Pct	GB
y-Oklahoma City	44	16	.733	—
y-San Antonio	42	16	.724	1
x-L.A. Lakers	39	22	.639	5½
L.A. Clippers	37	23	.617	7
Memphis	35	25	.583	9
Dallas	34	27	.557	10½
Denver	33	27	.550	11
Houston	32	28	.533	12
Phoenix	31	29	.517	13
Utah	31	30	.508	13½
Portland	28	33	.459	16½
Minnesota	25	36	.410	19½
Golden State	22	37	.373	21½
Sacramento	20	41	.328	24½
New Orleans	18	42	.300	26



## Crossword

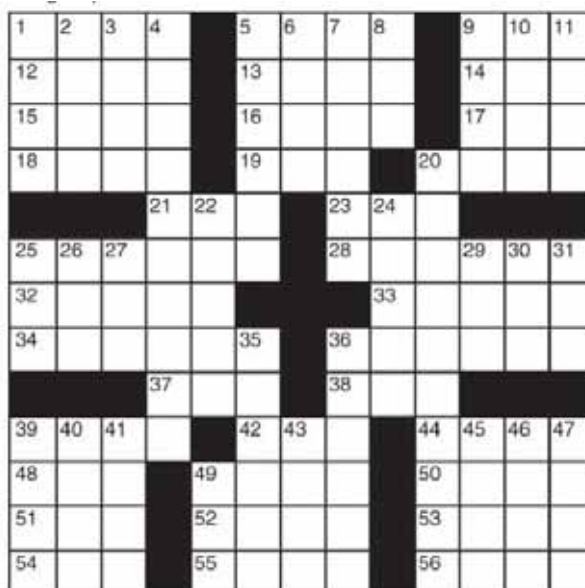
### Across

- 1 Tobacco plug
- 5 Pumps up the volume
- 9 DIY buy
- 12 Stereo hookup
- 13 Gambling game
- 14 Account acronym
- 15 Astronaut Shepard
- 16 Dingy
- 17 Victory
- 18 "L'Etoile du —" (Minnesota motto)
- 19 Attention getter
- 20 Carlton of baseball
- 21 Afternoon affair
- 23 Ostrich's cousin
- 25 Investor's hope
- 28 Arouse bitterness
- 32 Expiate
- 33 Norma Rae's group
- 34 From that place
- 36 Boulevard
- 37 Greek H
- 38 Moray
- 39 Earth
- 42 Paving material
- 44 Food starch, for short
- 48 Possess
- 49 Grand-scale
- 50 Pavarotti offering
- 51 3 on the phone
- 52 Part of Q.E.D.

- 53 Benevolent
- 54 Big bother
- 55 Phoenician port city
- 56 Advantage

### Down

- 1 Earl Derr Biggers sleuth
- 2 Hawaiian city
- 3 Distant
- 4 Air-flow channel
- 5 Hound type
- 6 Stallion's companion
- 7 Orison
- 8 Sauce source
- 9 Fuzzy fruit
- 10 Eye part
- 11 Cistern
- 20 Batter treat
- 22 Upright
- 24 Shade of purple
- 25 Snitch
- 26 Biblical verb suffix
- 27 Pirouette pivot
- 29 Reunion group
- 30 Costello or Ferrigno
- 31 Away from WSW
- 35 Diner
- 36 Make bubbly
- 39 Six-pack, often
- 40 Yet to be paid



- 41 Data
- 43 Culture medium
- 45 Saharan

- 46 Pugilism venue
- 47 Commanded
- 49 Encountered

## Yesterday's Crossword



## Cryptoquip

### How to play

This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

XSI ZWMBJ MX IKMBK ZDEP  
BDXR YUJS U OSHUIUC  
HKPDEOK U ZMPSLWUBS  
ZPUYS: "HKS OPUHS SRBULS."  
Yesterday's Cryptoquip: MUSICAL MARCH THAT  
COMMEMORATES SAILORS AND FOODSTUFF  
FROM SHEEP: "TARS AND TRIPES FOREVER."  
Today's Cryptoquip Clue: K equals H



For today's crossword answers and for expanded horoscopes, go to metronews.ca

## Sudoku



### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

## Yesterday's Sudoku



## Horoscope

### Aries | March 21 - April 20.

You will be remarkably fired up this week. Both in your personal life and in your work you will be energetic and enthusiastic.

### Taurus | April 21 - May 21.

You favor routines and methods you feel comfortable with but you will need to be a bit more adventurous over the next few days.

### Gemini | May 22 - June 20.

This should be a really fun time for you, especially if you are ready to take a few risks in your private life.

### Cancer | June 21 - July 22.

No one works harder than you, but are you working for yourself or are you working for other people?

### Leo | July 23 - Aug. 22.

You enjoy taking risks, it gives you a buzz, and with mind planet Mercury moving in your favor today you will be looking round for new ways to push the envelope.

### Virgo | Aug. 23 - Sept. 22.

You need to be a bit more assertive when dealing with family issues and financial matters.

### Libra | Sept. 23 - Oct. 22.

Anyone who annoys you this coming week is likely to find themselves on the receiving end of a tongue-lashing.

### Scorpio | Oct. 23 - Nov. 21.

If you see an opportunity today you must seize it immediately.

### Sagittarius | Nov. 22 - Dec. 21.

You're in a dynamic mood at the moment and you really don't care whose toes you tread on.

### Capricorn | Dec. 22 - Jan. 20.

Something unexpected will happen today, something you did not plan for.

### Aquarius | Jan. 21 - Feb 18.

Don't let anyone persuade you to abandon the path you have chosen to take.

### Pisces | Feb. 19 - March 20.

You are very much on the ball at the moment and determined to make every minute count.

SALLY BROMPTON

## Weather

### MONDAY



MAX: 9°  
MIN: -6°

### TUESDAY



MAX: 4°  
MIN: -2°

### WEDNESDAY



MAX: 8°  
MIN: -1°



## ANDREW SCHULTZ WEATHER SPECIALIST

"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta."  
WEEKDAYS 5:30 AM



## Caption Contest

"Whoa i gotta get my eyes checked! There's no way i should have missed that one!"  
Brian

GREGORY BULL/THE ASSOCIATED PRESS

## Win!



## You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

BLAH

HURT

NUMB

ANGRY

ANXIOUS

DOWN

NOT  
myself  
TODAY

## EVER HAVE DAYS WHEN YOU DON'T FEEL LIKE YOURSELF?

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